

# Pleasant and unpleasant feelings

## Happiness and unhappiness

You feel ...

**content(ed)** when you are satisfied with what you have. Content is not used before a noun. You can say 'She is content/contented' but only 'a contented person'.

He's very content with his life. He's always been a contented person.

**grateful** when someone has done something thoughtful for you. *Note:* You feel thankful if something bad that could have happened did not happen.

I'm really grateful to you for helping me with my project.

**delighted** when something has happened that gives you great pleasure, when you hear news of someone's good fortune, for instance.

I was delighted to hear you're getting married!

**miserable** when everything seems wrong in your life.

I felt miserable all day yesterday – maybe it was just the grey, cold weather.

**discontented** when your life is not giving you satisfaction.

She's very discontented with her job and is going to look for a new one.

**fed up / sick and tired** when you have had enough of something disagreeable.

I'm fed up with Amanda's rudeness, and sick (and tired) of her bad behaviour.

**depressed** when you are miserable over a long period of time. **Depression** is considered an illness in some severe cases.

I felt depressed after having ten job interviews and not getting a job.

**confused** when you cannot make sense of different conflicting feelings or ideas.

I feel so confused – last week she said she loved me passionately, this week she said we were just good friends.

## Excitement, upset, anger and anxiety

'I felt **inspired** after the concert. I've decided to take piano lessons.'  
[stimulated to do something positive or creative]

'The argument I had with Gloria the other night really **upset** me.'  
[made me feel unhappy]

'I was quite **enthusiastic** about my tennis lessons at first, but the teacher isn't very good and now I just feel **frustrated**.'  
[enthusiastic: had very positive feelings] [frustrated: a feeling of being unable to do something you really want to do]

'She was so **thrilled** when she got a job with a TV company. She's always wanted to work in the media.'  
[feeling when something extremely exciting and pleasing happens]

'I was so **nervous** before the exam, and then I felt **anxious** before the results came out, but I passed with a high grade.'  
[nervous: feeling nervous is a bit like feeling excited but it is a negative feeling] [anxious: when you are afraid and uncertain about the future]

'I was **furious** with the waiter. The service was slow and he spilt coffee over my shirt.'  
[extremely angry]

### Language help

**Really** can be used with all the adjectives on this page. **Absolutely** goes only with the words describing extreme states, i.e. *delighted, fed up, sick and tired, thrilled, furious*. With these words **quite** means **absolutely**, but with the other less extreme words, **quite** means **rather**.



### 41.1 Read the remarks and then answer the questions.

Philip: 'I'm just not feeling very happy today. Everything seems to have gone wrong.'

Katie: 'I like my life and I have nothing to complain about.'

Pilar: 'I felt so good that nothing bad had happened. It could have been a disaster.'

Trevor: 'I've had enough of all the arguments and the bad atmosphere at work.'

Agnes: 'I felt very happy when I heard she had an interview for the job.'

Sarah: 'It was very kind of you to look after my cat when I was away. Thank you.'

Carlos: 'I've been so unhappy for a long time. I've been seeing a psychiatrist.'

Stefan: 'I just don't understand. Was that his wife or his daughter?'

Who feels ...	name	Who feels ...	name
1 fed up with something?	Trevor	5 miserable?	
2 depressed?		6 thankful?	
3 content?		7 confused?	
4 grateful?		8 delighted?	

### 41.2 Rewrite the words in bold using words from A and B opposite.

- 1 After watching the nature programme, I felt **stimulated** inspired to become a zoologist.
- 2 I always get a feeling of **negative excitement** just before an exam.
- 3 I was **extremely angry** when they refused to give me my money back.
- 4 I was very **excited and pleased** to see my old school friend again after so long.
- 5 The news about Rory's illness really made me feel **unhappy**.
- 6 At first, I was **full of positive feelings** about the course, but it's just not very good.

### 41.3 Sort the adjectives into positive and negative feelings.

contented ~~sick and tired~~ anxious thrilled frustrated confused

positive	negative
	sick and tired

### 41.4 Fill the gaps using the adjectives in 41.3. Choose an appropriate adverb (*absolutely*, *quite* or *a bit*) to go in front of the adjective. Sometimes, both are possible.

- 1 I was feeling (quite / absolutely) quite anxious because she had not phoned to say she had arrived safely.
- 2 I am (quite / absolutely) of her selfish behaviour. I've had enough!
- 3 It's all so complicated. I feel (a bit / quite) . Can you help me?
- 4 I was (absolutely / a bit) when I heard the wonderful news!
- 5 It made me feel (quite / a bit) that I still couldn't play any songs after six weeks of guitar lessons.
- 6 You always seem so (absolutely / quite) with life. How lucky you are!

### 41.5

#### Over to you

Choose six adjectives from this unit which describe feelings you have had recently and write sentences about when and why you felt that way.